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Superfoods to the rescue!

Oh no! Some eye-friendly foods have gone missing! Can you solve the clues and fill in the blanks to find them all?

These are our missing foods: Spinach, Salmon, Vitamin A, Almonds, Carrots

1. _____ contains beta-carotene, which our bodies turn into Vitamin A.

2. Vitamin _____ helps our eyes see in dim light.

3. _____ is a green leafy vegetable that contains lutein, a nutrient that helps keeps our eyes healthy.

4. _____ is a fish that contains Omega-3 fatty acids, which keep retina healthy.

5. _____ are nuts that provide Vitamin E, which help protect our cells.

CONGRATULATIONS DETECTIVES!

You solved the food mystery! How many eye-friendly foods can you name without looking?



Did You Know? Eating carrots helps support normal vision, but carrots cannot give you superhero night vision or replace glasses!